




GRACIE JIU-JITSU®

GREEN COVE SPRINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Gracie Bullyproof® (All Ages) 10:00am-11:00am
	Homeschool Gracie Bullyproof® 11:00am-12:00pm		Homeschool Gracie Bullyproof® 11:00am-12:00pm		GC / Reflex Development® 11:00am-12:00pm
Homeschool Gracie Bullyproof® 12:00pm-1:00pm	Gracie Combatives® 12:00pm-1:00pm	Homeschool Gracie Bullyproof® 12:00pm-1:00pm	Gracie Combatives® 12:00pm-1:00pm		Master Cycle® & Fight Simulation (No-gi) 12:00pm-1:30pm
Jr. Grapplers (8-12 yrs) 4:30pm-5:30pm	Little Champs (5-7 yrs) 4:15pm-5:00pm	Jr. Grapplers (8-12 yrs) 4:30pm-5:30pm	Little Champs (5-7 yrs) 4:15pm-5:00pm	Black Belt Club 4:30pm-5:30pm	
Mat Munchkins (3-5 yrs) 5:30pm-6:00pm Coming Soon!	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Mat Munchkins (3-5 yrs) 5:30pm-6:00pm Coming Soon!	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Tang Soo Do 5:30pm-7:00pm	
Gracie Combatives® 6:00pm-7:00pm	Tang Soo Do 6:00pm-7:00pm	Gracie Combatives® 6:00pm-7:00pm	Tang Soo Do 6:00pm-7:00pm		
Master Cycle® 7:00pm-8:00pm	Gracie Combatives® 7:00pm-8:00pm	Master Cycle® 7:00pm-8:00pm	Gracie Combatives® 7:00pm-8:00pm		

10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At our school, we prefer that you try our programs for 10 days before you make an enrollment decision. We will give you full access to our beginner programs for 10 calendar days and assuming you love everything about our school, you can enroll after the trial period. If it's not *exactly* what you're looking for, simply return the uniform, and you won't be charged for anything. No experience is necessary, and you will love the classes – we guarantee it. Speak to a team member about starting your 10-day free trial today!

Six Things Every Student Should Know

1. Respect everything and everyone at the school
2. Ask questions every chance you get
3. Arrive 10-15 minutes early to class
4. Wash your gi after every class
5. Learn from everyone and share with everyone
6. Introduce your friends to Gracie Jiu-Jitsu